

**Amendments In The Claims:**

1. (Previously Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:
  - a conformable grip configured to accept a human hand formed in a fist, the grip having a medial and lateral side;
  - a flat elongated flexible medial strap extending from the grip medial side to a respective strap end;
  - a flat elongated flexible lateral strap extending from the grip lateral side to a respective strap end;
  - a flexible clench strap within the grip and extending from the medial side to the lateral side;
  - a top cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and
  - a bottom cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and wherein:
    - the grip has a most distal point for receiving the knuckles of a user's fist; and
    - the medial and lateral straps each have an open length of at least 24 inches from the most distal point.
2. (Original) A device according to claim 1, and further comprising:
  - a resistance device attached to the medial and lateral strap to apply resistive force to the grip.
3. (Original) A device according to claim 2, wherein:
  - the resistance device comprises at least one elastic member.
4. (Original) A device according to claim 1, and wherein:
  - the top cross-strap has a length, between the medial and lateral straps, of 2.25 inches.
5. (Original) A device according to claim 4, and wherein:
  - the bottom cross-strap has length, between the medial and lateral straps, of 8 inches.
6. (Original) A device according to claim 1, and wherein:
  - the grip has a most distal point for receiving the knuckles of a user's fist; and
  - the top cross-strap is distanced from the most distal point a dimension of 6.5 inches at the lateral strap.

7. (Original) A device according to claim 6, wherein:

the top cross-strap extends from the lateral strap at a 45 degree angle away from the grip and to the medial strap.

8. (Original) A device according to claim 1, wherein:

the medial and lateral straps each comprise woven fabric material having a width of two inches.

9. (Cancelled)

10. (Cancelled)

11. (Previously Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist;

an elongated flexible medial strap and an elongated flexible lateral strap extending from opposite sides of the grip;

a clench strap within the grip and extending from the medial side to the lateral side;

a top cross-strap connecting the medial strap and the lateral strap;

a bottom cross-strap connecting medial strap and the lateral strap;

all the straps configured to allow a person's hand to be held within the grip while the person's associated arm is disposed between the medial strap and the lateral strap and between the cross-straps, with the medial and lateral straps extending adjacent the person's arm from the grip to the person's elbow and further extending to behind the person's respective shoulder.

12. (Previously presented) A device according to Claim 11, and wherein:

the medial and lateral straps have an open length of at least 24 inches.